

SAFETY ON THE LINE

January 2006 Vol. 1

"Nothing travels faster than the speed of light, with the possible exception of bad news, which obeys its own set of laws." Douglas Adams



Safety & Health Organizational Focus

January 23 – March 3, 2006

(web link available soon at KSC homepage)

Mishap Prevention

The S&MA Directorates' goal this year is to work very little.

Seriously, what this means to us is that *everyone* works safely, *no one* gets injured and *everyone* looks out for their co-workers. Employees *are* reporting close calls. Employees *are* exercising the right to call a time out. Employees are taking their time, thinking about the risks of the job at hand and then performing that job safely and efficiently. Employees are going home to their families and friends each night with all their fingers, toes, skin, blood, sight and hearing.

So please, think about how bored we at S&MA want to be this year before you go out on the job....we won't be the only ones thanking you.



New Years Resolutions or Goals??

How many of you are planning on changing the way you do things in life during this New Year? Here is the "Top Ten List". But this time, think of them as *goals* and not *resolutions*.

1. Lose weight - Start off slow. Set a reasonable and realistic goal. Include some of #7 in your plan.
2. Stop smoking – Look at the options - patches, gums, hypnosis, and yes – lasers. Set a timetable.
3. Stick to a budget – Write it down. Find out where the money goes. Stay within your means.
4. Save or earn more money – With your budget, figure in to save some money for a rainy day.
5. Find a better job – Or do better at your job. Get additional training or train for something different.
6. Become more organized – Use a daily planner. Use your web base calendar more effectively.
7. Exercise more – Start off slow, talk to your doctor, get medical advice for a program, stick with it.
8. Be more patient at work/with others – Take a deep breath, relax, and put yourself in their shoes.
9. Eat better – All things in moderation. Your mom was right when she told you to eat your veggies.
10. Become a better person – Give blood, go back to school, mentor a child, open a door for someone.



Do you have questions, comments, or an article you would like to submit? Contact Marguerite at 867-8520, fax number 867-1120, or e-mail them at "Safety on the Line" found in your global address list. Safety on the Line is also on the Web at <http://sotl.ksc.nasa.gov>.